

Join a Wellcircle..

& learn how to overcome depression with the Art & Science of Wellness

Sale, Gippsland

Depression can be triggered by many things: stress, hormonal changes, poor quality nutrition or sleep, social and situational challenges. Research* shows that specific lifestyle, nutritional & cognitive strategies can reduce depression in more than 70% of cases by 50% or more.

Wellcircles are small supportive communities where people learn, share & coach each other to the lifestyle & communication habits that counter depression. This includes things like exercise, boundary setting, meditation, sleep & positive mind skills



1. Meet once a week over seven weeks
2. Learn & practice peer coaching skills
3. Share stories of common challenges
4. Reconnect with joy
5. Practice positive relationship skills
6. Create goals & strategies for positive lifestyle change
7. Generate your own toolbox for change
8. Make lifestyle change using a small steps approach

Wellcircle Sale : Tuesdays 10.00 - 11.30 am

Dates: February 21, 28, March 7, 14, 21, 28.

Place: Inglis Medical Centre, Inglis St, Sale

Cost: Employed: \$360, Not employed: \$280

Enquiries: Inglis Medical Centre on 5143 7900
or Sharee on 0439 046 037 to discuss if the
group is appropriate for your needs.

Please note: All participants will need to complete a pre group survey online which takes 15-20 mins

Wellcircle Gippsland is bought to you by:



www.shareejohnson.com.au

Who is Wellschool: We are a team of health professionals & wellness coaches committed to finding ways to integrate evidence based wellness, coaching and the power of supportive community into health care, community & education.

For more information please visit www.wellschool.net